

DEFINE DESIGN ALIGN

your business & life

Land, rest, reflect, re-align
& launch back into your life,
inspired with clarity & purpose.

Your Monthly Landing & Launch Worksheet

Land: Reflection - (fill in the month – ie: January)

1. Personally: What worked really well this month?
2. Personally: What didn't work, why & what needs to change?
3. Business / Career: What worked really well this month?
4. Business / Career: What didn't work, why & what needs to change?
5. Three words to describe how I felt this month:
6. What I am going to let go of or shift to move forward into next month?

Launch: Monthly Action Plan (MAP) - (fill in the month – ie: February)

1. This Month's Key Business / Career Focus & Goals:
2. This Month's Financial Focus / Goals:
3. This Month's Marketing Focus / Goals:
4. This Month's Key Personal Focus/ Goals:
5. CEO Shoes: I am going to do the following to up the level that I am navigating & managing my life & business: [\(read this article on becoming the CEO of your life & business\)](#)
6. I am going to do the following to nurture my body, soul & celebrate:
7. Review & check the following:
 - Monthly Planning - your plan, timeline & to do's
 - Monthly Financial Review - know your numbers
 - Time blocking Calendar - clarity on your time & boundaries